

ABSTRACT OF THE DISCLOSURE

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An exercise device includes a harness operably coupled to a manually-operated treadmill. The harness includes an elongated member having opposed ends adapted for engagement together around a waist of a user of the treadmill. One or more resistance bands comprised of a resiliently flexible material extending between the harness, and treadmill or an object fixed relative to the treadmill such that resistance to forward movement of the user occurs as the user manually operates the treadmill.